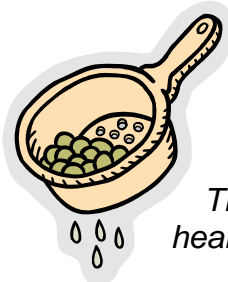


# Nutrition Tips

## 1. Rinse your canned fruits and vegetables.

- If you buy fruit that is canned in light or heavy syrup, dump the fruit in a strainer and rinse it well with cold water. This will help lower the extra sugars and calories that are in that syrup.
- If you buy canned vegetables, rinsing them with water before cooking will help to lower the amount of salt.



*These simple tips will help make your fruits and vegetables healthier for you and your children!*



## 2. Add music to your chores!

- Put some music on and dance while you do daily chores, such as washing the dishes.
- If your children are old enough to help – let them! They're sure to love the extra family time, and the music and dancing will make it fun for all!
- It is recommended that we get 30-60 minutes of activity each day. You will get the most health benefits from doing it all at one time. However, like many people, you may find it hard to fit it all in at once. If your schedule does not allow it, try spreading it out – 10 minutes here and 20 minutes there – it's easy!



## 3. Park and walk.

- If you have a vehicle, park at the farthest end of the parking lot of the grocery store and walk in, instead of circling around to find a closer spot.
- If you ride the bus, get off one stop before your destination and walk the rest of the way.
- It will only take a couple extra minutes to walk in, and it's an easy way to fit more exercise into your day.



## 4. Use applesauce as a topping.



- Instead of using syrup, try spreading chunky applesauce on your French toast, pancakes or waffles.
- Applesauce has more health benefits: fiber, vitamins and minerals, whereas syrup is just sugar.



## 5. Go nuts!

- Nuts are a good source of protein as well as the heart-healthy fats that may help to lower blood cholesterol.
- Try a small handful of peanuts, almonds, walnuts or pecans each day as a snack.



For more information on nutrition contact the WIC program:

In Boise – 327-7488

In Mountain Home – 587-4409

In McCall – 634-8007

In Boise County – 327-7488